

PM PLYOMORPH

 WELCOME TO PHASE FOUR 

WARM UP SYSTEM

COMPLETE THESE STRETCHES AND MOVEMENTS AT THE START OF YOUR WORKOUTS!

[Click here to see video reference](#)

DYNAMIC STRETCHES:

KNEE HUG LUNGE AND TWIST

QUAD PULL TO SIDE LUNGES

HAMSTRING HIGH KICK TO REACH

OPEN AND CLOSE THE GATES

WORLDS GREATEST STRETCH

INCH WORMS

DYANMIC MOVEMENTS :

HIGH KNEES

BUTT KICKS

SKIP FOR HEIGHT

SKIP FOR DISTANCE

SIDE SHUFFLE

SPRINT TO BACK PEDAL

PHASE : FOUR

DAY : ONE

WEEK : 1 - 3



DOUBLE LEG PLYOMETRICS					
LINEAR HURDLE TO BOX JUMP	VIDEO	WEEK	SETS	REPS – TOTAL	REST TIME
	VIDEO REFERENCE	1	3	3	90-120 SECONDS
		2	3	4	
		3	3	5	
RAPID LATERAL HURDLE JUMPS	VIDEO	WEEK	SETS	REPS	REST TIME
	VIDEO REFERENCE	1	3	10	60-90 SECONDS
		2	3	10	
		3	3	12	
BROAD JUMP TO BOX JUMP	VIDEO	WEEK	SETS	REPS	REST TIME
	VIDEO REFERENCE	1	3	3	120 SECONDS
		2	3	4	
		3	3	5	
SINGLE LEG PLYOMETRICS					
SINGLE LEG BOX JUMP – LAND ON ONE FOOT	VIDEO	WEEK	SETS	REPS – EACH LEG	REST TIME
	VIDEO REFERENCE	1	3	5	45-60 SECONDS
		2	3	5	
		3	3	5	
SKATER HURDLE CYCLES	VIDEO	WEEK	SETS	REPS – EACH START POSITION	REST TIME
	VIDEO REFERENCE	1	3	3	120 SECONDS
		2	3	4	
		3	3	5	
WEIGHTED SPLIT SQUAT TAPS	VIDEO	WEEK	SETS	REPS – TOTAL	REST TIME
	VIDEO REFERENCE	1	3	8	90 SECONDS
		2	3	10	
		3	3	12	

PHASE : FOUR

DAY : TWO

WEEK : 1 - 3



DOUBLE LEG PLYOMETRICS					
	VIDEO	WEEK	SETS	REPS – EACH WAY	REST TIME
DEPTH DROP REACTIVE ROTATION	VIDEO REFERENCE	1	3	3	120 SECONDS
		2	3	3	
		3	3	3	
DUMBBELL WEIGHTED SEATED VERTICAL JUMP	VIDEO REFERENCE	WEEK	SETS	REPS	60-90 SECONDS
		1	3	3	
		2	3	4	
DUMBBELL WEIGHTED JUMPS	VIDEO REFERENCE	WEEK	SETS	REPS	120 SECONDS
		1	3	3	
		2	3	3	
		3	3	3	
SINGLE LEG PLYOMETRICS					
	VIDEO	WEEK	SETS	REPS – EACH LEG	REST TIME
SINGLE LEG APPROACH JUMP	VIDEO REFERENCE	1	3	3	60-90 SECONDS
		2	3	4	
		3	3	5	
LATERAL DEPTH CYCLES	VIDEO REFERENCE	WEEK	SETS	REPS – EACH START	90-120 SECONDS
		1	3	3	
		2	3	3	
MULTI DIRECTIONAL HOPS	VIDEO REFERENCE	WEEK	SETS	CYCLES – EACH LEG	45-60 SECONDS
		1	3	5	
		2	3	5	
		3	3	5	

PHASE : FOUR

DAY : THREE

WEEK : 1 - 3



DOUBLE LEG PLYOMETRICS					
REACTIVE DEPTH BOX JUMP	VIDEO	WEEK	SETS	REPS – TOTAL	REST TIME
	VIDEO REFERENCE	1	3	3	120 SECONDS
		2	3	4	
		3	3	5	
BROAD JUMP TO ROTATIONAL BOX JUMP	VIDEO	WEEK	SETS	REPS – EACH WAY	REST TIME
	VIDEO REFERENCE	1	3	3	120 SECONDS
		2	3	3	
		3	3	3	
LINEAR, REVERSE, VERTICAL WEIGHTED JUMPS	VIDEO	WEEK	SETS	REPS – TOTAL	REST TIME
	VIDEO REFERENCE	1	3	3	90-120 SECONDS
		2	3	4	
		3	3	5	
SINGLE LEG PLYOMETRICS					
SINGLE LEG LINEAR HURDLE TO LATERAL BOX JUMP	VIDEO	WEEK	SETS	REPS – EACH LEG	REST TIME
	VIDEO REFERENCE	1	3	3	90-120 SECONDS
		2	3	3	
		3	3	3	
SINGLE LEG DEPTH LAND	VIDEO	WEEK	SETS	REPS – EACH LEG	REST TIME
	VIDEO REFERENCE	1	3	3	60-90 SECONDS
		2	3	4	
		3	3	5	
REACTIVE SL CYCLES	VIDEO	WEEK	SETS	REPS – EACH LEG	REST TIME
	VIDEO REFERENCE	1	3	3	60-90 SECONDS
		2	3	4	
		3	3	5	